

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : APRIL- 2022
FIRST YEAR

Subject: Fundamentals of Kinesiology and Kinesiotherapy (BPT- 21104)

Date: 11/04 /2022

Total Marks: 80

Time: 10.00 am to 1.00 pm

SECTION – A

Q.1 Answer the following questions in short (Any five) (15)

- a. Bhujangasana
- b. Define Base of Support, Center of Gravity and line of gravity
- c. Explain Law of Inertia with example
- d. Types of muscle fibers
- e. Parallel Bar
- f. Write advantages of group therapy

Q.2 Answer the following questions (Any Five) (35)

- a. What is suspension therapy? Explain the types of suspension therapy in details.
- b. Describe hanging as starting position. Give its muscle work.
- c. Write types of goniometer. Write merits and demerits of goniometer.
- d. Write principles and indications of passive movements.
- e. Explain about open vs. close kinematic exercise with one example each
- f. What is pulley? Describe types of pulley. Add a note on anatomical pulley.

SECTION – B

Q.3 Answer the following questions in detail (Any one) (15)

- a. Write in detail classification of massage manipulations. Describe in detail about the effects and uses of massage. Write contraindications of massage.
- b. Write in detail about physical properties of water. Mention physiological effects, indications and contraindications of hydrotherapy and its importance in physiotherapy.

Q.4 Answer the following questions in detail (Any one) (15)

- a. Define yoga and describe principles of yoga. Explain any four asana in supine lying position.
- b. Define relaxation and describe general and local techniques of relaxation. Write effects and uses of each.
